

College Mental Health Research Symposium

College Mental Health Research Symposium
Tuesday, March 12 & Wednesday, March 13, 2019
University of Michigan, Ann Arbor





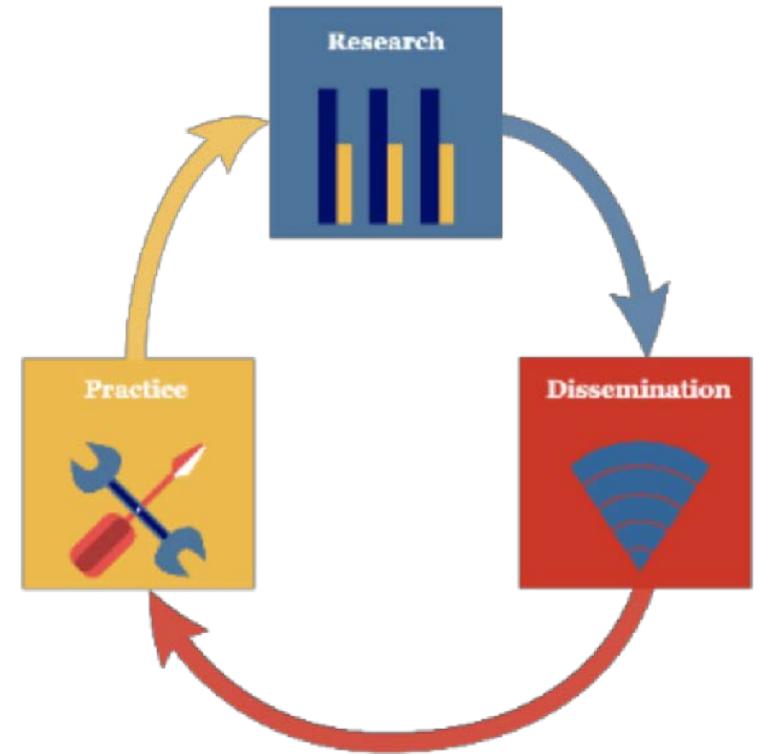
Welcome and Overview

- WELCOME!
- 9th annual symposium
- Unique opportunity for researchers, clinicians, administrators, advocates, and others to meet, discuss, and collaborate
- Diverse audience brought together by a shared goal to improve college student mental health



The Healthy Minds Network

Research-to-practice network
Public health approach



Motivation



*How can we invest most efficiently in the mental health of college students?
What are the returns from potential interventions?*

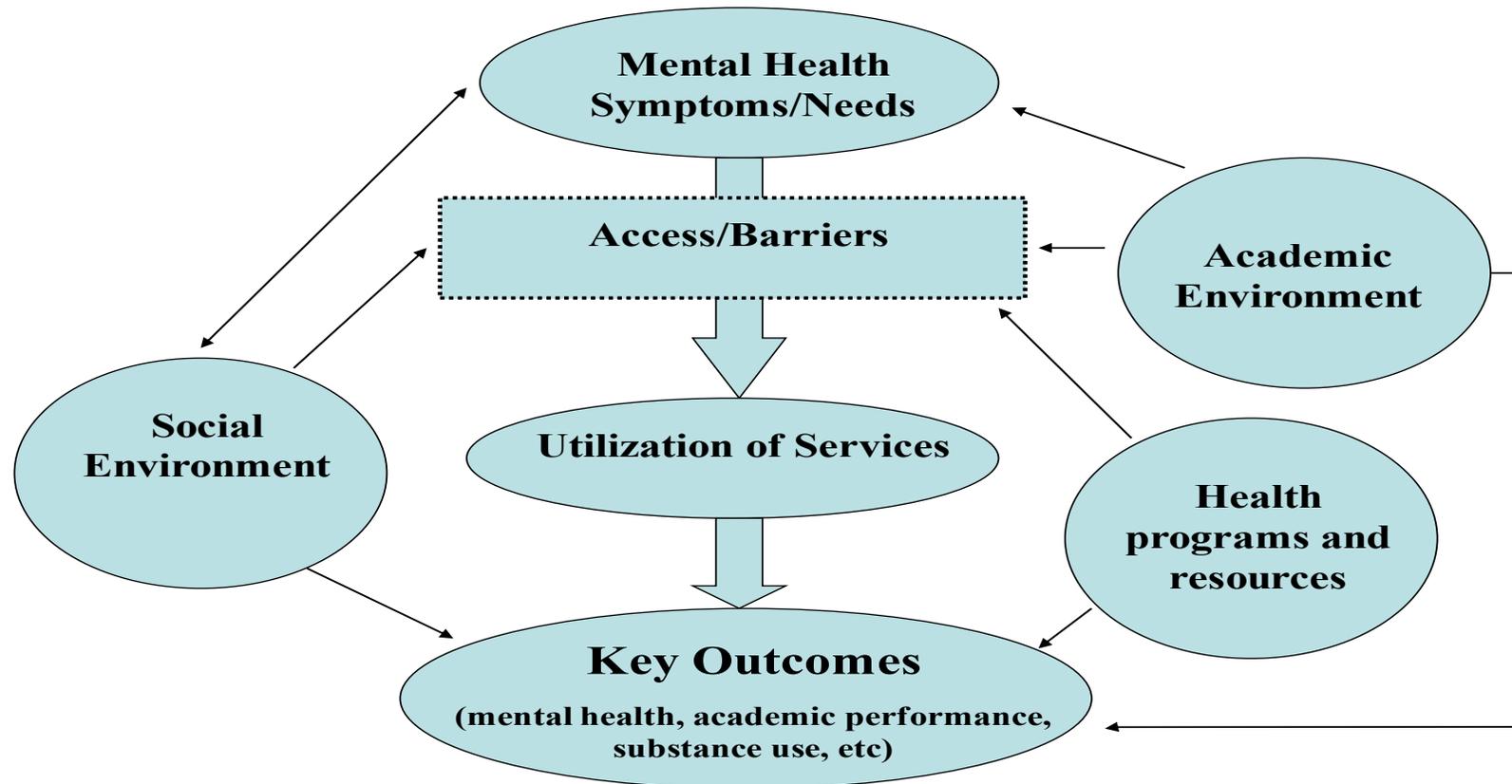


Design and evaluate programs
and interventions



Collect descriptive data

Opportunity at Colleges



Overarching Questions for Research Symposium

- What new research and data are most needed?
- How can we share research and data more effectively with practitioners?
- What are new opportunities for collaboration?
- Other suggested questions?



Symposium Participants

- Colleges/universities
- National organizations
- Advocates
- Campus practitioners
- Clinicians
- Faculty/researchers
- Health IT
- Graduate and undergraduate students



Symposium Format

- Welcome and overview (Tuesday)
 - Lightning round intros and discussion
- National college mental health initiatives
- Symposium collaborations
- Innovation session (Wednesday)



Guidelines for Discussion

- Interactive and inclusive
- When sharing information, be concise and refer to resources for learning more
- Notes will be taken and shared later

Today



- Lightning intros and discussion
- National College Mental Health Initiatives
 - JED Campus Program
 - Active Minds
 - EVERFI
 - Healthy Minds
- Break
- Symposium collaborations
- Reception

Healthy Minds: Moving from Data to *Innovative Solutions*

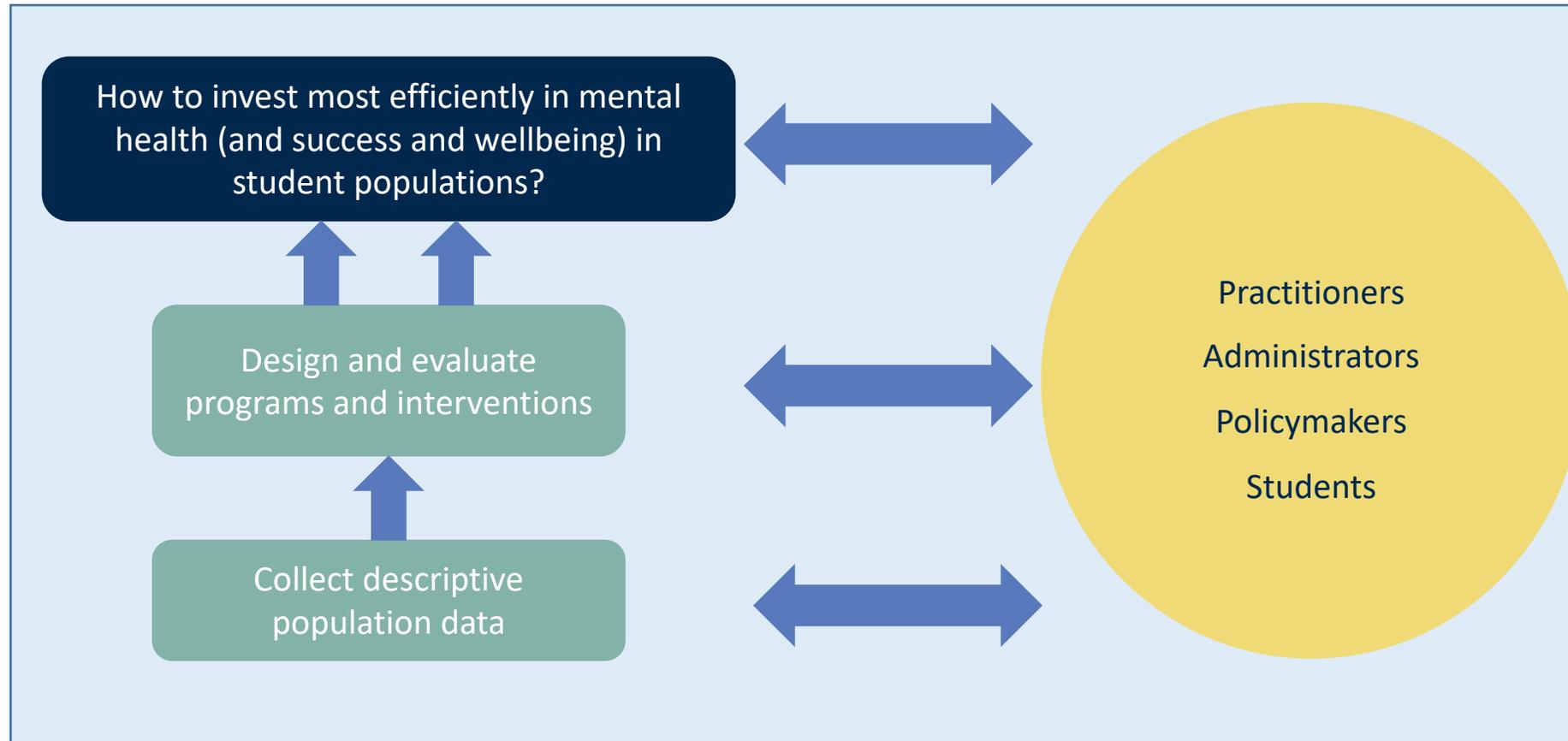
College Mental Health Research Symposium
March 12, 2019



Healthy Minds Network



Long-term Agenda



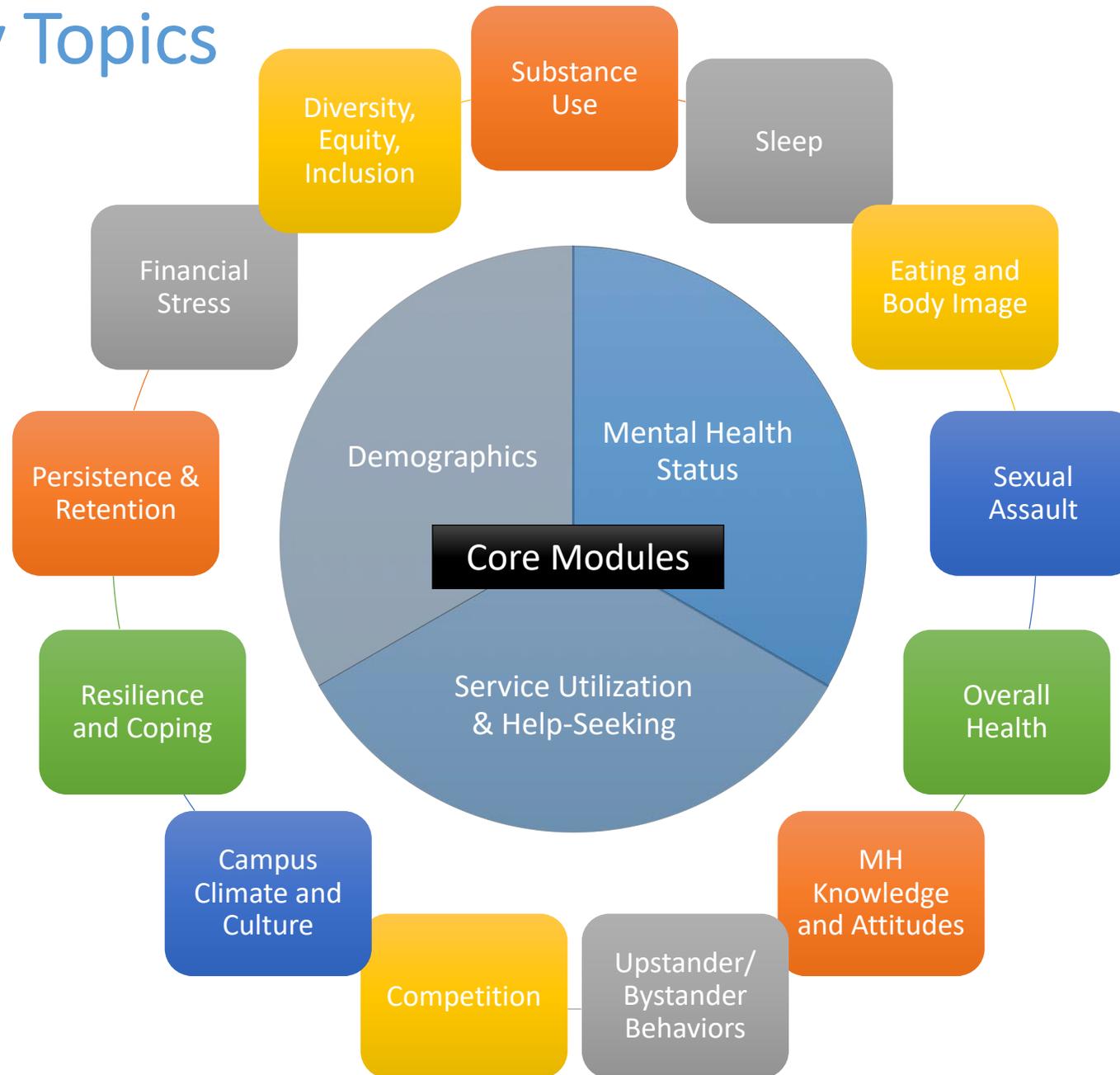


Purpose of the Healthy Minds Network

Research-to-practice network
Public health approach



Survey Topics



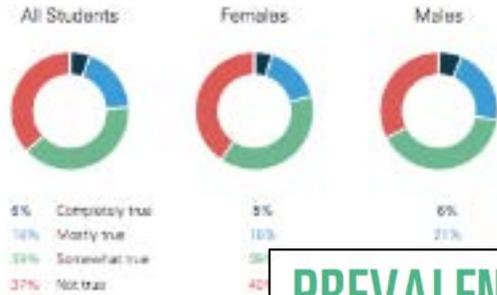
Data Reports

ATTITUDES, KNOWLEDGE, AND CAMPUS CLIMATE

ATTITUDES

Public perceived stigma

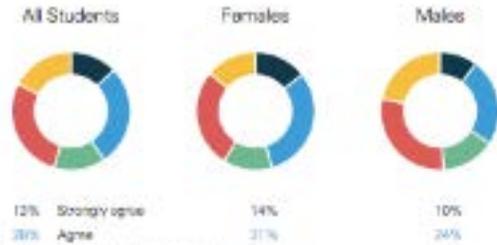
Most students at my school would think less of a person with an eating disorder.



KNOWLEDGE

Knowledge of campus mental health resources

I know where students at my school could go on campus to receive support for problems related to eating and/or body image.



THE HEALTHY MINDS STUDY

2014 DATA REPORT

PREVALENCE OF MENTAL HEALTH PROBLEMS

DEPRESSION SCREEN

Major depression



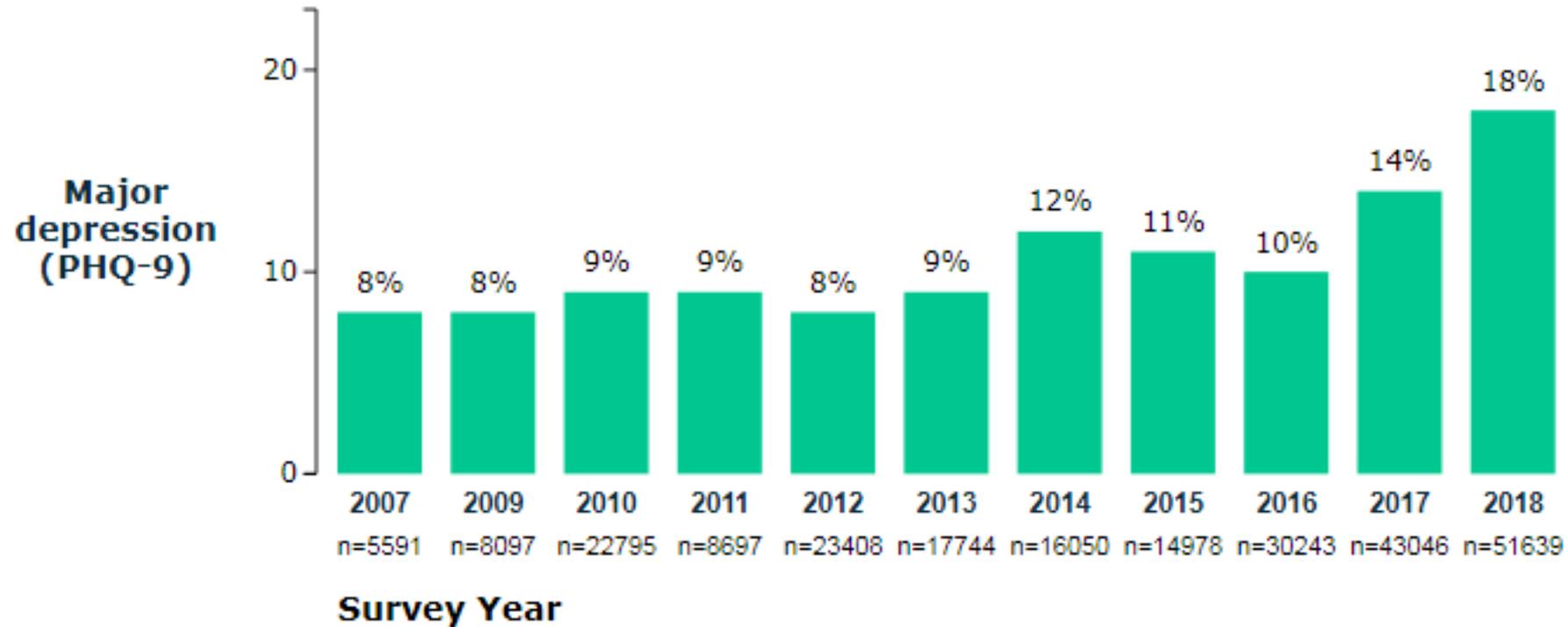
Other depression



Any depression

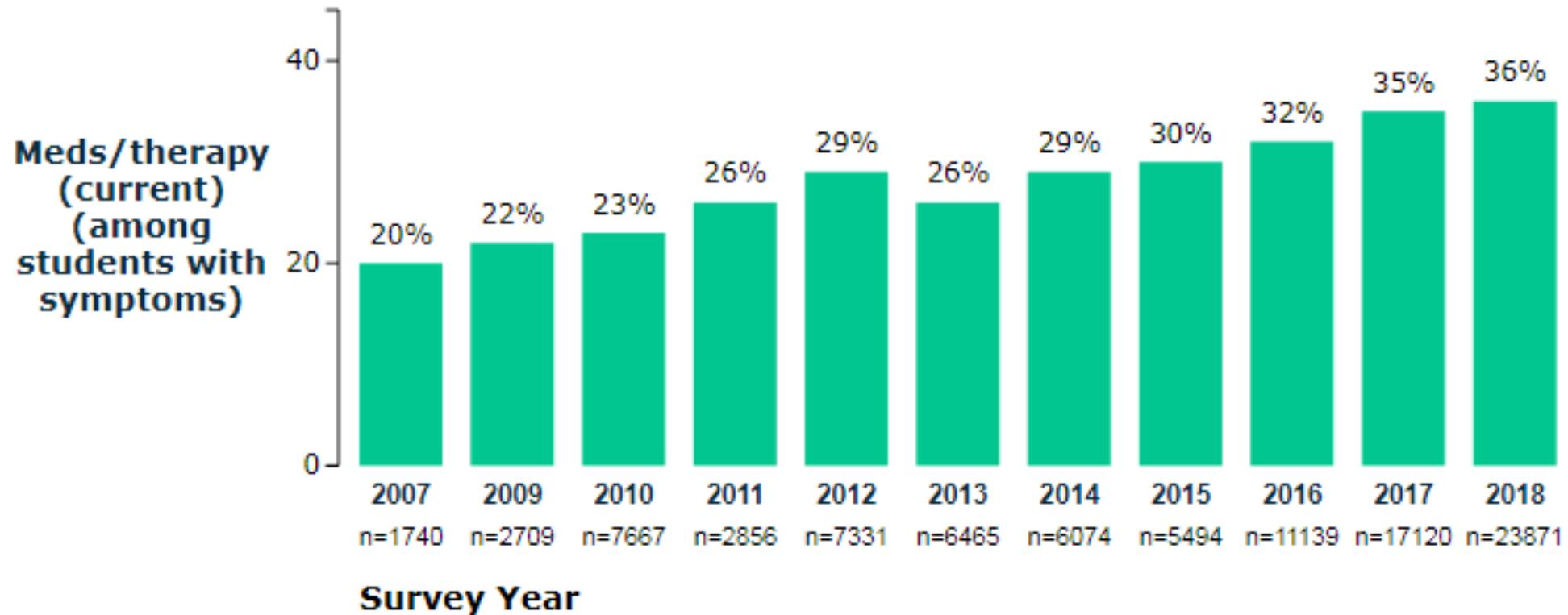


Depressive Symptoms (Healthy Minds Study)

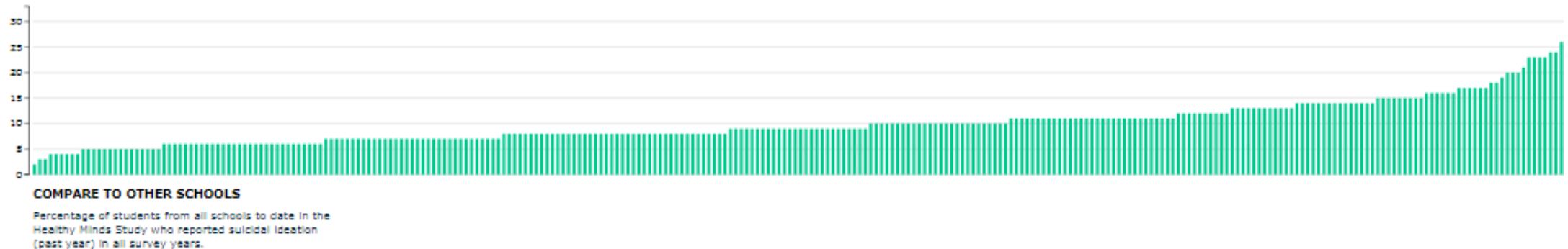


Survey respondents from Aggregate Survey Data who screened positive for major depression (PHQ-9) grouped by survey year.

Service Use among Students with Symptoms (Healthy Minds Study)



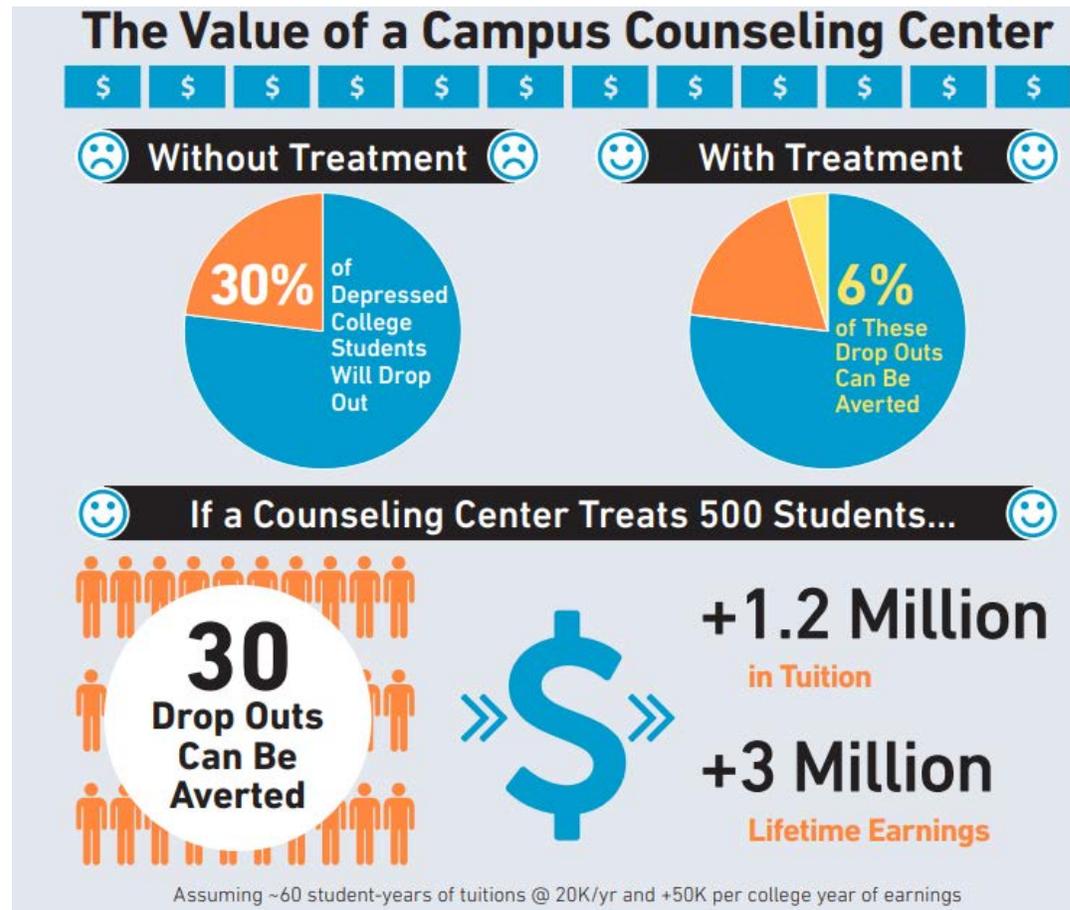
Suicidal Ideation (Healthy Minds Study)



Each bar represents an institution that has participated in HMS

Full range is from 2%-26%, but vast majority of schools are in range of 5%-15%

Economic Case for Mental Health Services and Programs



Infographic from kognito.com, based on findings from Eisenberg, D., Golberstein, E., Hunt, J. (2009). Mental Health and Academic Success in College. B.E. Journal of Economic Analysis & Policy 9(1) (Contributions): Article 40.

Gatekeeper Training



Mental Health First Aid (MHFA) training for resident advisors (RAs)

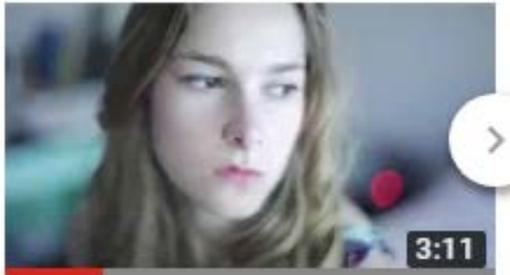
PIs: Daniel Eisenberg and Nicole Speer

Funder: NIMH RC1 (2009-2011)

32-campus randomized trial to assess impacts on student communities

Full results published in: Lipson, S.K., Speer, N., Brunwasser, S., Hahn, E., Eisenberg, D. (2014). Gatekeeper-training for Mental Health at Colleges and Universities: Results of a Multi-campus Randomized Control Trial. *Journal of Adolescent Health* 55(5): 612-619.

Brief Videos for Coping Skills and Help-seeking



Four Words



Online Cognitive-Behavioral Therapy (CBT)

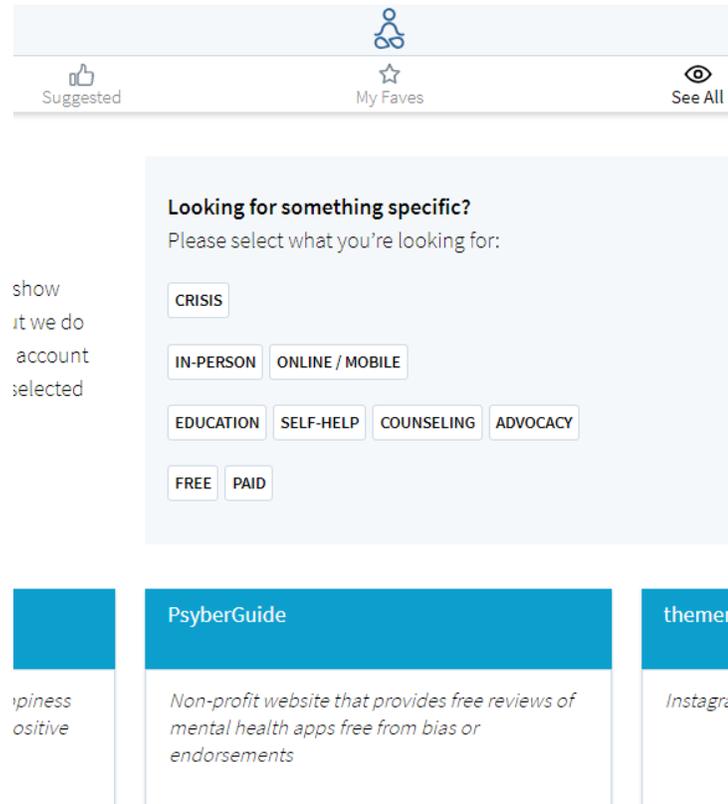
Population-level delivery of online CBT, for both prevention and treatment

PIs: Daniel Eisenberg, Michelle Newman, Barr Taylor, Denise Wilfley

20 campus trial 2018-2023

Funder: NIMH R01

“Sage”: Personalized Resources through Healthy Minds Study



The screenshot shows the Sage interface with three navigation tabs: "Suggested" (thumbs up icon), "My Faves" (star icon), and "See All" (eye icon). Below the tabs is a search section titled "Looking for something specific?" with the instruction "Please select what you're looking for:". To the left of this section is a vertical list of text: "show", "it we do", "account", "selected". The filter menu contains several categories: "CRISIS", "IN-PERSON", "ONLINE / MOBILE", "EDUCATION", "SELF-HELP", "COUNSELING", "ADVOCACY", "FREE", and "PAID". Below the filters are three cards. The first card is partially visible with the text "spiness" and "ositive". The second card is titled "PsyberGuide" and has the description "Non-profit website that provides free reviews of mental health apps free from bias or endorsements". The third card is titled "thement" and has the text "Instagram".



Selected Publications



Lipson, S.K., Lattie, E.G., Eisenberg, D. (2019). Increased Rates of Mental Health Service Utilization by U.S. College Students: 10-Year Population-Level Trends (2007-2017). *Psychiatric Services* 70(1): 60-63.

Eisenberg, D., Lipson, S. K., Ceglarek, P., Kern, A., Phillips, M. (2018) College Student Mental Health: The National Landscape. In D. Cimini, Ph.D & E.M. Rivero, Ph.D (Eds.), *Promoting Behavioral Health and Reducing Risk among College Students: A Comprehensive Approach*.

Eisenberg, D., Hunt, J.B., Speer, N. (2012). Help-Seeking for Mental Health on College Campuses: Review of Evidence and Next Steps for Research and Practice. *Harvard Review of Psychiatry* 20(4): 222-232.

Eisenberg, D., Golberstein, E., Hunt, J. (2009). Mental Health and Academic Success in College. *B.E. Journal of Economic Analysis & Policy* 9(1) (Contributions): Article 40.

Complete list at <http://healthymindsnetwork.org/research/publications>



Transformation to an “Innovation Center”?

Catalyst of innovative solutions

Emphasis on integration of technology and in-person community

Grants and competitions

Partnerships with entrepreneurs

Small number of our own signature projects

Central involvement of students

Enhanced data collection (e.g., longitudinal, post-college)

More Information



Daniel Eisenberg: daneis@umich.edu

Sarah Ketchen Lipson: sklipson@bu.edu

Healthy Minds Network team: healthyminds@umich.edu

Website: www.healthymindsnetwork.org

Innovation Tournament



- Goal
 - Strategize how to utilize an interdisciplinary, international network to address systems-wide mental health challenges through the unique combination of perspectives present at the Symposium
- Think about the different organizations that presented yesterday
- Think about other organizations with whom you work
- Think about your own organization
- Think about national and international goals, trends, and issues
- Road-map: individual → partners → large groups → entire Symposium
- If you have a laptop or tablet, please open this Google Sheet:
 - <https://tinyurl.com/y62kqzer>

Innovation Tournament: Preliminary Round



- Problem statement
 - *Assuming no financial barriers, how would you use a research-to-practice network to innovate solutions to youth's current mental health issues?*
- Individual brainstorming: ~3 mins
 - *You have access to all of the data currently existing—which data would you use? What data would you still need?*
 - *Which stakeholders would you engage? For what purpose?*
 - *Would you focus on prevention or treatment? Education, intervention, program, or policy? Or, how would you successfully merge different approaches?*

Innovation Tournament: Round 1: Partner up!



Turn to one of your neighbors (groups of 3 if necessary)

Share ideas

Identify similarities in ideas

Approaches, outcomes, evidence-base, etc.

Begin mapping ideas

Are ideas focusing on research, prevention, treatment, policy, tech, etc.?

Support, debate, and refine

Compromise on a shared-answer to the original problem statement

Innovation Tournament: Round 2: Group process!



~3 groups (count-off into groups)

~15 minutes: each person shares their “partner-idea” from Round 1

~15 minutes: support, debate, refine, and compromise

Use your intergroup dialogue skills, all you mental health professionals!

Prepare to present your idea to the Symposium

Innovation Tournament: Round 3: The Grand Finale!



Assuming no financial barriers, how would you use a research-to-practice network to innovate solutions to youth's current mental health issues?

Each group from Round 2 shares idea

Full group discussion

Strategize next steps

Fun to think of the ideal—but let's get something real going,
today!



JED Campus

Empowering schools to enhance student mental health, substance abuse and suicide prevention efforts



CAMPUS

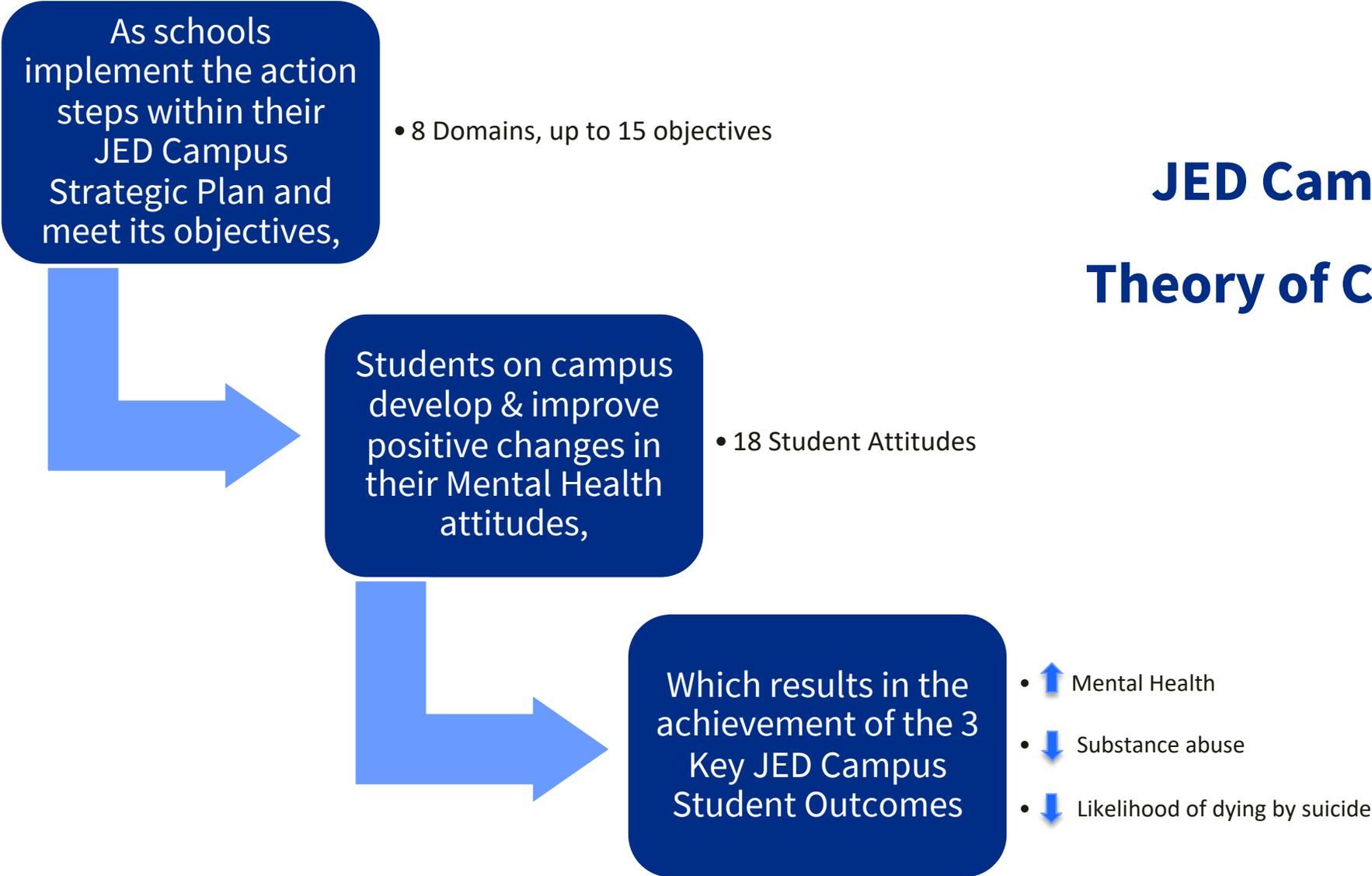
JED's Comprehensive Approach

Through their work with JED Campus, schools are actively working on strategic plans aimed at implementing appropriate policies and programs to best support their students' emotional well-being and help to prevent suicide and serious substance use.

JED Campus promotes a comprehensive public health approach to emotional well-being.



JED Campus Theory of Change





jedfoundation.org

PROTECTING EMOTIONAL HEALTH. PREVENTING SUICIDE.



A TIME OF GROWTH

Young adulthood is a time of learning and exploration. A time to start building a life of one's own and to feel excitement about the future. Yet for many of our young people, transitioning into adulthood can be a time of significant changes and intense challenges.

WE SEE THE EFFECTS IN THE HEADLINES

Every day: a death from binge drinking, an overdose, a suicide. These tragedies are complex and their warning signs often subtle, but with the right support and safety nets, many lives can be saved.

With your support, JED is helping our nation's youth grow into thriving adults.

HELPING OUR YOUTH

We are the leading nonprofit that exists to protect emotional health and prevent suicide for our nation's teens and young adults.

- JED educates and equips students, families and communities to know when and how to support others who are in distress or struggling with a mental health issue
- JED helps schools evaluate and strengthen their mental health, substance abuse and suicide prevention programs and systems to safeguard individual and community health
- JED develops expert resources and creates powerful partnerships to ensure more teens and young adults get access to the resources and support they need to navigate life's challenges

JED's mental health public service campaigns reach over **25 MILLION PEOPLE.**

WHY JED IS NEEDED

- 1 in 5 young people aged 13 to 28 lives with mental health issues
- Suicide is the second leading cause of death in teens and young adults, after accidents
- 9.8% of college students and 18% of high school students reported having serious thoughts of suicide in the past 12 months

MEET OUR PARTNERS

Expanding our influence through enduring relationships

We are grateful for the time and talent of the leaders, families and volunteers who support us from the worlds of business, academia, medicine, media, entertainment and philanthropy.

JED is proud to partner with many organizations including:



JED SIGNATURE PROGRAMS

We are meeting teens and young adults where they are, in school and online.

JED CAMPUS

jedcampus.org

A nationwide initiative designed to guide schools through a collaborative process of developing comprehensive systems, programs and policies with customized support to build upon existing student mental health, substance abuse, and suicide prevention efforts.

SET TO GO

setto.go.org

A new program that guides students, families and high school educators through the social, emotional and mental health challenges related to the transition out of high school to college and adulthood.

ULIFELINE

ulifeline.org

An online resource center offering college students information about emotional health issues and the resources available on campus. This service also provides a confidential mental health self-screening tool.

HALF OF US

halfofus.com

Award-winning program from JED & MTV featuring a library of free-for-use videos including PSAs, celebrities and students talking about their personal experiences with mental health and substance use. Half of Us helps young people feel less alone and encourages them to reach out for help.

LOVE IS LOUDER

loveislouder.com

A community working together to build a world where we all feel connected & supported. No matter who we are, where we're from, what we've experienced or what challenges we face, there are things we can do to make a connection and support love in our lives and for the people around us.

SEIZE THE AWKWARD

seizetheawkward.org

A new national campaign, in partnership with Ad Council and AFSP, that encourages teens and young adults to "seize the awkward" by reaching out to a friend who may be struggling with mental health problems.

EQUITY IN MENTAL HEALTH FRAMEWORK

equityinmentalhealth.org

Created by JED and The Steve Fund, the Equity in Mental Health Framework offers expert recommendations and implementation strategies for America's colleges and universities to better support the mental health and emotional well-being of students of color.



SEE ALL JED PROGRAMS AND RESOURCES: jedfoundation.org/programs

TAKE ACTION:

Get involved:
jedfoundation.org/get-involved

Make a difference:
jedfoundation.org/donate

Learn how to help yourself or someone else:
jedfoundation.org/help

JED

jedfoundation.org

6 East 39th Street, Suite 1204
New York, NY 10016



Active Minds

Empowering Students to Change the Conversation

active
minds
.....

Evidence-Based

Lead author, Lisa Sontag-Padilla:

“Student peer organizations on college and university campuses uniquely positioned to have direct effects on students’ perceptions of mental health issues and associated stigma. In turn, they have the potential to increase rate of students accessing mental health services.”

1

As students become more involved with Active Minds’ education programs, they are more likely to reach out to a classmate or friend who is struggling with a mental health issue such as depression, anxiety, or suicidal thoughts.

2

Among the general student body, even basic familiarity with Active Minds increases knowledge and positive attitudes about mental health, creating a more supportive campus climate and increasing the potential that students in distress will seek mental health services.

3

Active Minds’ educational programs meaningfully influence not only students’ knowledge and attitudes toward mental health issues, but also their behaviors.

4

Active Minds’ impact is swift. Knowledge, attitudes, and behaviors examined in the study positively changed on campuses within a single academic year.

Students Know Students.

- Student-informed
- Equitable
- Actionable
- Transparent
- Sustainable

www.activeminds.org/frameworks

Framework for
**Staff, Faculty &
Administration**



Offering Students
SEATS at the Table

Frameworks for Student
Mobilization for Mental Health



Students Know Students.

- Student-led programming and policy change
- Training and Technical Assistance
- Engaging Diverse Leadership & Collaborative Partnerships
- Progress & Measuring Results

www.activeminds.org/frameworks

Framework for
Students



STEP up to Lead the
Conversation on Campus

Frameworks for Student
Mobilization for Mental Health





National Initiatives

- Healthy Campus Award | activeminds.org/award
- Transform Your Campus | activeminds.org/transform
- V-A-R | activeminds.org/var & activeminds.org/hereforyou
- Active Minds for Every Mind Equity Initiative

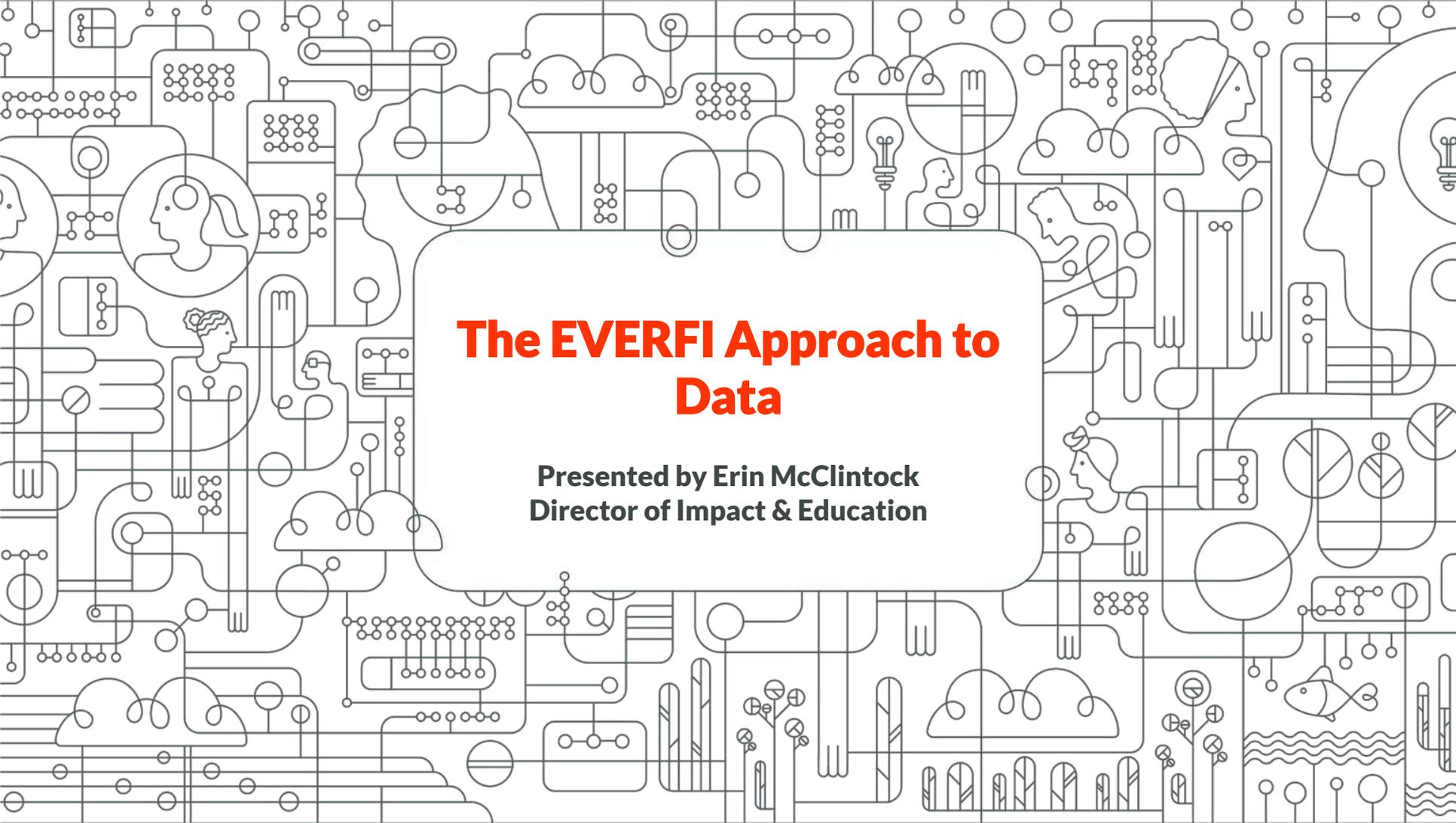
Contact

Becky Fein, MPH

Associate Director of Programs

becky@activeminds.org

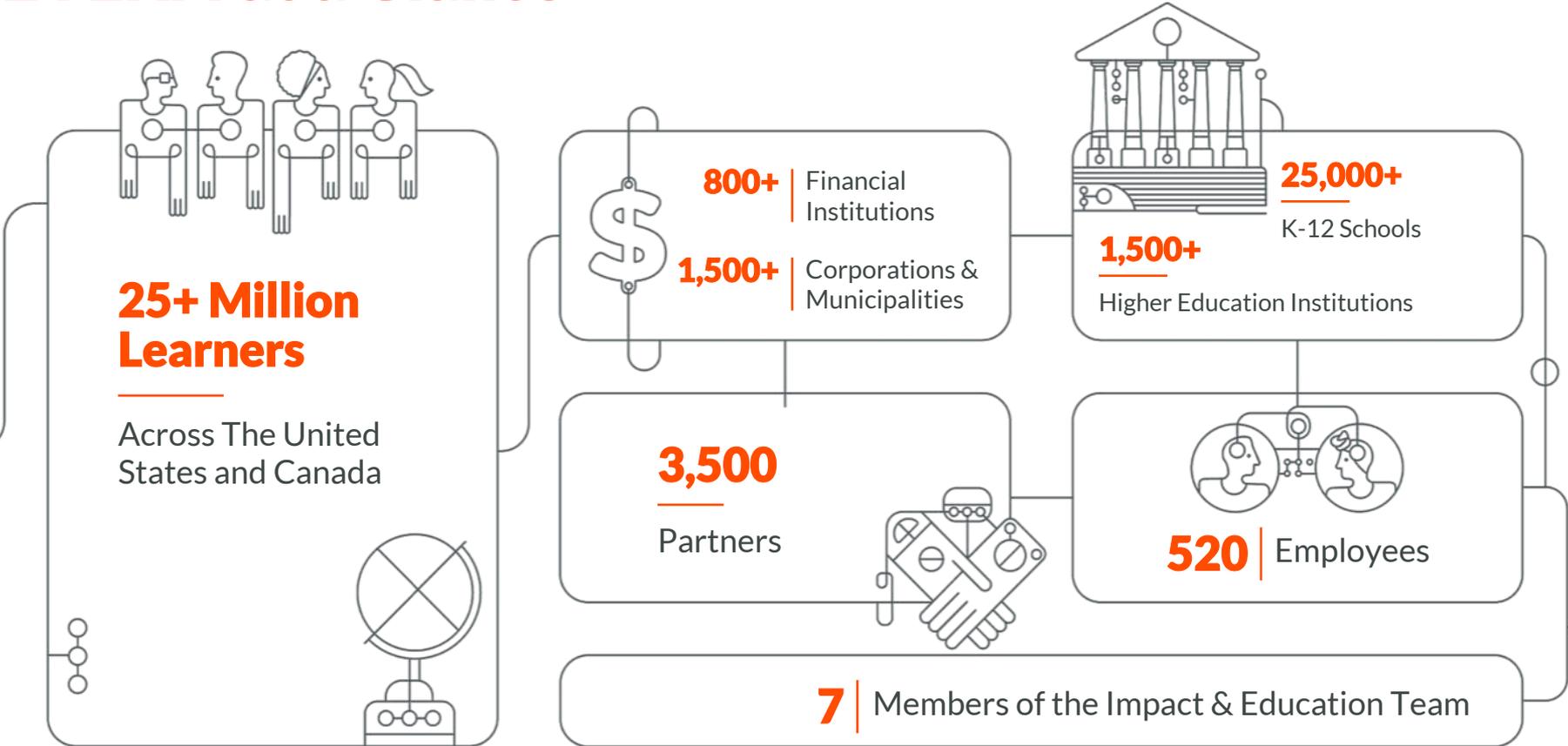
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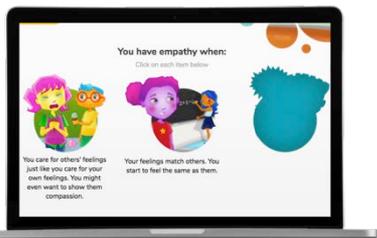
The EVERFI Approach to Data

**Presented by Erin McClintock
Director of Impact & Education**

EVERFI at a Glance



Social Emotional Learning Across the Lifespan



The Compassion Project

Grades 2-4



Honor Code: Bullying Prevention*

Grades 8-10



Character Playbook

Grades 7-9



Say Something*

Grades 9-12



Mental Wellness Basics*

Grades 8-10



Prescription Drug Safety*

Grades 9-12
College

Higher Education Offerings

Sexual Assault Prevention

Ongoing | Graduate | Faculty/Staff | Athletes

AlcoholEdu for College

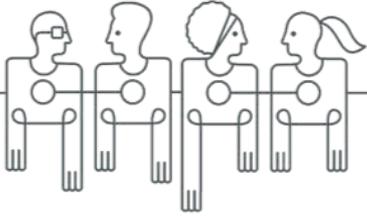
Diversity, Equity, and Inclusion for Students

Mental Well-being for Students

Launching in June 2019

Reduce stigma, increase knowledge of resources, recognize signs that help is needed, explore the counseling process, identify strategies for coping with stress, learn how to support a friend and feel comfortable doing so

Data Inputs in Course Development



Pre-Development: What are we doing?

- Supplemental questions
- Literature review
- Partner interviews
- Student feedback



During Development: How do we do it?

- Intervention mapping
- Iterative scripting process
- SME review
- Student focus groups

- Market research
- Stakeholder interviews
- Validated surveys (Healthy Minds)



Post-Development: What did we do?

- Course survey data
- Field research
- On-site visits
- Partner/student feedback

Course Impact | Institutional Impact

Future Hopes/Opportunities/Considerations

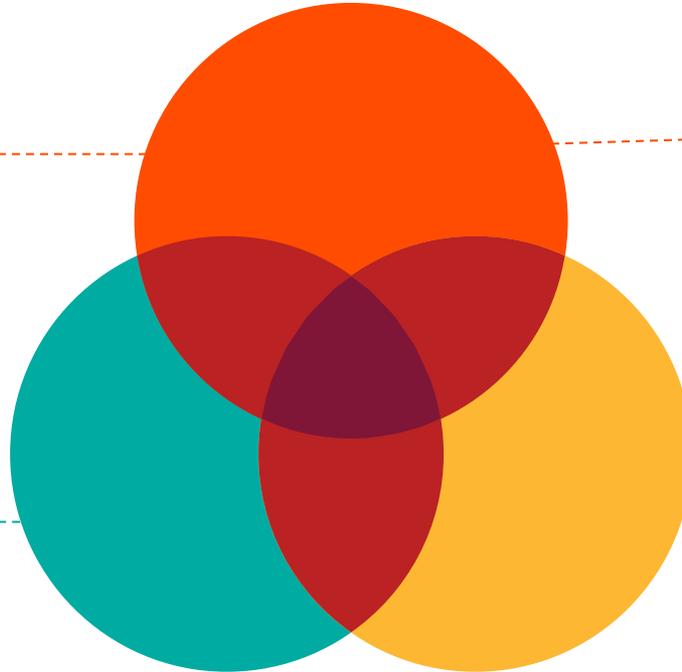
HOPES

Ongoing collaboration and research to support the field: deeper dive into data analysis and sharing.

Cross-cultural research among populations served

OPPORTUNITIES

Collaboration across networks to bring stakeholders to the table from all areas: corporations, non-profits, higher ed., K-12



Cross-tab analysis (demographic, school year, type of institution)

Digital addiction and its impact on mental health

CONSIDERATIONS

How can online education best support and inform what schools already do/need to do?

How do we adapt as technology evolves and changes?

How do we use technology for good, while recognizing the power that it has and the challenges that come with it?

The Power of Networks



A community designed to share best practices for addressing sexual assault; substance abuse; mental health and wellness; & diversity, equity, and inclusion.

Sexual Assault Diagnostic Inventory

Alcohol Diagnostic Inventory

Member surveys

Yearly conference



The nation's first public-private initiative to combat the opioid crisis through population-level prevention in K-12 schools and colleges.

Comprised of healthcare companies, pharmaceutical manufacturers, pharmacies, foundations, state leaders, advocates, and those touched by prescription drug abuse.

COMING SOON

Mental Wellness Network

Digital Wellness Network